

Physical Activity Resources

Active Games



Rules and Procedures for Tag Games:

General Rules: Multiple “its”, soft tags, no tag backs, safety first, never dodge into anyone else, look before you dodge, move in control, and no elimination games.

Multiple “Its”: Usually, more than one person should be designated as an “it” in order to avoid having one child put on display in front of the class. The social and physical consequences of failing to tag anyone within a “reasonable” time are unpleasant and inappropriate for maintaining a safe and developmentally appropriate learning environment.

Designating the “Its”: “Its” should be chosen fairly or based on skill. Depending on the game, you may want to group students of similar skill together. Otherwise, students should be chosen to be “it” based on some fair means such as picking numbers, first letter of a name, shoe color birth month, etc.

Changing “Its”: Use a whistle to signal an automatic change in “its” when someone has been “it” for an extended amount of time.

Elimination Games: Elimination games are the games in which people sit out and do not participate when they are tagged. In these games, students with the least skill who need the most practice are tagged first. In an elimination game, they will get the least amount of practice as a result. Games that use exercise as a punishment (e.g., doing a certain number a push-ups or crunches to re-enter the game) are also to be avoided. To alter these rules and provide for maximum participation for all participants, in most of these games the player who is tagged becomes the new “it”.

No Tag Backs: No tag backs means that if someone has tagged you, you may not immediately tag them back.

Own Space: Staying in one's own space as a group or individual means that there is a safety cushion of space all around one's body during the activity, so that the students avoid getting too close to and colliding with other people or objects. Students may first practice this by putting their arms out and waving them around their body as they walk around the room or play area. Students may gain more skill at staying in their own space by gradually moving faster (jogging) and/or in a decreased size play area.

Safe Tags: Students should tag one another softly. Appropriate touches are on the upper back or arms; but never the head, leg, or buttocks.

Endurance: Monitor students for signs of tiring. When students are starting to fall or are not following safety rules, stop the game.

Partner Tag Games: Some students may be reluctant to hold other students hands for some tag games. Short lengths of rope may be used to connect the two, with each student holding on to one end of the rope.

Assessment: 1. Are the students using fakes when they dodge? 2. Are the students able to avoid being tagged? 3. Are they able to tag others? 4. What tactics are students using to avoid being tagged? (changing direction, changing speed, changing level, changing pathway, twisting, turning, jumping)

Other Games:

1. **Builders & Bulldozers:** One group knocks over cones, the other sets them up, 1 minute, freeze with the whistle.
2. **Hoop Touch:** Spread the hoops around the play area. Challenge students to touch inside of as many hoops as possible (with their foot) in a certain time limit.
3. **Hoop Switch:** Have hoops for half of less the number of students in the class. Students may stand while they are in a hoop but must jog or locomotor when out of a hoop. Students must immediately leave their hoop when someone enters their hoop.
4. **Mine Field Dribble:** Hand or foot dribbles through a room of objects (dots, cones, hoops, chicken, etc.)
5. **Mine Field Follow the Leader:** As partners, take turns, change locomotors (walk, skip, jump, gallop, leap, jog, hop, slide)
6. **Walking Tag:** this is a regular tag game except all participants must walk instead of run. Lesser skilled groups should have fewer taggers, and the more highly skilled groups should have more taggers.
7. **Locomotor:** All participants must use the designated locomotor skill while playing. Locomotor skills include walk, jog, gallop (1 foot in front), skip (alternating step-hop) hop (1 foot), leap (1 foot in front and one foot pushing off the floor) or jumping (2 feet). One alternative way to play this is that students must change locomotor skills each time they are tagged.



8. **Partner Tag:** Each game consists of two people a chaser and a tagger. During a given time limit, the chaser attempts to tag the person fleeing. Students may switch when the teacher signals to (whistle, flip the lights, verbal command) after a certain time span (30-60 seconds) so both persons get a chance to be chased and to flee. If partners have unequal skill levels, each group of two should play within a given area rather than being free to roam anywhere. The new "it" should count 1000-1, 1000-2, 1000-3, before starting to chase their partner. Caution students to watch out for other groups and to move in their own space (not touching other people or objects) and in control (no falling or sliding).
9. **Partner Toe Wrestling:** Partners face one another and try to lightly tap the other foot with their foot while simultaneously attempting to avoid being tagged. Safety: students must tap lightly when contacting the other persons' foot, not to stomp on their foot, or trip one another. Have students stay in a certain boundary square rather than roaming the room at will.
10. **Partner Knee and Back of Knee Touch:** Use same boundaries as for partner toe wrestling. This time the goal is either to touch your partner's knee or the back of their knee (for more advanced players).
11. **Line Tag:** During this game, players may run or walk. Players must stay on the painted lines of the gym or playground during the game. They may jump from one line or step around others. If a player attempts to escape a chaser and steps off the line, then they become "it" automatically. Start the game with students spread throughout the entire playing area on the line. 2 "its" are chosen to start the game. Common line features on gyms or playgrounds include concentric circles, hop scotch squares, four square blocks, sate outlines, official game markings (basketball, volleyball, etc).
12. **Safety Hoop Tag:** Hoops are safety zones you have to leave if someone else enters, have $\frac{1}{2}$ the number of hoops as people. Anyone may go inside one at any time, but they must leave as soon as someone else enters the hoop. Have two-three "its" using a nerf ball for safe tagging. "Its" may not guard the hoops. If hoops aren't available, chalk circles drawn on the pavement will work on a paved playground. Adaptation: Lower skilled groups may use more hoops and fewer taggers. Have two "its" using a nerf ball for safe tagging. Switch if they don't tag anyone else for an extended period of time.
13. **Back-to-Back Tag:** you are safe while back-to-back with another person. May stay that way for three seconds. "Its" may not guard.
14. **Crocodile Tag:** Again designate 3-4 "its". The fleers are safe while they are in a push-up and are moving their arms. Line walks are also valid. The "it" can't guard one person more than 5 seconds. The fleers can stay in push-up position as long as they can do a continual push-ups (arms bend at elbows, no bend in hips) or line walks (hands go back & forth over a line, no elbow bend). Allow any type of push-up so all skill and fitness levels can participate. Safety: Students may not jump over students who are in the crocodile or any other push-up position.
15. **Crunch Tag:** Students are safe and can't be tagged out if they are doing crunches. If a person is tagged, they become the new "it" by switching



places with the old "it". Technique: Remind students to flatten their back partway to the floor before performing this exercise and to hold that position while performing the crunch. Students should only lift their head and shoulders off the floor, in slow 1-2-3 up and down counts. Safety: This exercise should be preformed slowly, with back flattened and knees bent. Students should not sit up or lift their back off the floor. Adaptation: Those students with higher fitness levels may also lift their legs off the floor while performing crunches, or may perform elbow to opposite knee crunches.

16. Dead Bug Tag: Students are safe if they are doing dead bug touches. If a person is tagged they become the new "it", by switching places with the old "it". Technique: Remind students to flatten their back partway to the floor before and during performing this exercise. Knees are bent and legs lifted to the floor. One leg at a time is slowly lowered to the floor and then raised. Use a slow 1-2-3 count. Adaptation: Lower skilled students or those with lower fitness levels may rest their feet on the floor instead of lifting the legs off the floor, before performing toe touches.

17. Nerf Ball Safety Tag: You'll need one nerf ball for every 3 people participating in the game. Players are safe and may not be tagged when they have a nerf ball. Players watch for other players who are about to be tagged, & throw them a nerf ball to keep them from being tagged. If tagged without a ball, the tagged person switches places with the "it". There are no tag backs (tagging back the person who tagged you).

18. Frisbee Safety Tag: This game is the same ball safety tag, only with a small plastic Frisbee. For younger students a nerf Frisbee may be used. Players are safe and may not be tagged when they have a Frisbee. Coach players to look for others who are about to be tagged, who need to have a Frisbee thrown to them to avoid being tagged. If tagged without a Frisbee, the tagged person switches with "it" and becomes the new "it". There are no tag backs.

19. One minute Tag: Everyone is "it". Students see how many people they can tag in one minute. The teacher starts & stops the game using a signal such as a whistle, hand raise, or flicker the lights. When tagged, students continue to play, attempting to tag as many others as they can.

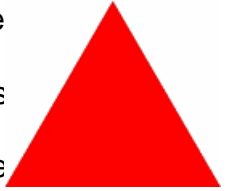
20. Spot Tag: The first time a person is tagged, they must put a hand where they were tagged. The second time they are tagged, their remaining tag must touch the second tagged spot. The third time they are tagged they are also "it". When everyone is "it" the game ends.

21. Dragons & Hobbits: Divide the students into groups of 4-5 people. One person in the group is chosen to be "it", and is the dragon. The other people in the group are hobbits. The dragon guards the treasure (a plastic Frisbee) by placing it between their feet. The dragon may not actually touch the Frisbee, however, the hobbits try to steal the treasure & must work cooperatively to draw the dragon away from the treasure. If a dragon can take one step and touch a hobbit, that hobbit has been turned into ashes by the dragon's fiery breath. Hobbits who are turned to ashes must leave the group they were in & join another group. Play is continuous. If a hobbit is successful in stealing a Frisbee, & the dragon can't reach them with one step, that hobbit is the new dragon. Safety:



Caution students not to kick at the Frisbee with their feet when someone else is reaching with their hands.

- 22. Triangle Tag:** Students are divided into groups of four. One person in the group is chosen to be "it", & stands outside the triangle formed by the other three players who will hold hands. If you have a group who doesn't like to hold hands, short lengths of rope may be used to connect people's hands. "It" will pick one person in the triangle to tag softly on the shoulders. "It" may not reach across the center of the triangle to tag. The persons in the triangle mainly move their feet to keep the designated person away from "it". Students may be cautioned not to use their arms to jerk one another around. Emphasize using feet to move instead using arms to pull. When "it" tags the designated person, "it" and the person change places and start a new game. If "it" is too tired, switch anyway. Game stops if anyone falls, no dragging. Safety: Again students should be cautioned not to use their arms to jerk one another around. If anyone falls, the game stops immediately, until the person has time to regain his or her feet. If a group has multiple falls, then they should sit down and rest a few moments. Groups should be cautioned to "stay in their own space" to avoid other groups and objects. Groups must stay in their designated corner or portion of the gym rather than running up & down the entire playing space. Adaptations: If "it" is unable to tag a person within a minute, signal a switch. Groups may be also comprised of a larger number of participants, this makes the game harder for "it".



- 23. Pirate Tag:** In groups of four or five, & similar to Dragons' and Hobbits, groups try to steal a beanbag out of a hoop while it is being guarded by one person, the pirate. If tagged, players must leave their group and join any other groups' game. If they are unable to steal the beanbag out of the hoop without being tagged, they are the new pirate guarding the treasure. Groups can work cooperatively to draw the pirate off the treasure, allowing another person to take the beanbag. If no hoops are available, chalk circles may be drawn on the pavement.



- 24. Wok Tok Tail:** Set-up two large circles of hoops at either end of the gym or play space. Designate 2-3 "its" who will start in the center of the room. The rest of the students start in either of the two hoop circles. Students may move at will between the two large circles of hoops. These circles are the safe zones, & students may stay in them as long as they wish. If a student is tagged they are also "it". Once you are "it" you are always "it". The last few players not tagged can be the "its" for the new game.

- 25. Stealing Coconuts:** Set up about 8 hoops in the middle of the room. Place 2-3 balls in each hoop. You need to have about half as many balls as students in your class. Each student has a hoop of their own, & these are arranged in a large circle around the perimeter of the room. On the signal, allow 5-6 students to go to the middle & get the ball. Using the color of their hoop is a good way to stagger the start so you don't have a huge pile of kids fighting over balls in the middle of the room. The students try to get three coconuts in their hoop at a time, but they can only carry one ball (coconut) at a time, & they can't bend their hoop or keep others from taking balls from their hoop. Students may get balls from either the middle or from the other hoops around them. Students' get a



point every time they have three balls in their hoop. Gauge whether you start with the right amount of balls by how much success students are having.

- 26. Dribble Tag:** Everyone has a ball and is dribbling with their hands. Each one tries to knock others balls away with their hand while maintaining control of own. Can do decreasing boundaries. If lose control of the ball go to second game. The way the least skilled, who need more practice, won't be eliminated first and get fewer practice trials than everyone else. Also, no one is put on display for being low skilled.
- 27. Mini-Blob Tag:** Start with two "its". When they tag a person they join hands. When they get a group of 4, they split partners & keep playing until there are no free runners. Safety: Students must not remain attached & work with their partner to accomplish their goal of tagging another person or group. Students should not drag one another around, & the game should be stopped if this is occurring.
- 28. Buddy Tag:** Each student is paired with another student. All students play tag holding hands (or ropes) with a partner. Groups that are tagged become the new "it" group. No tag backs.
- 29. Clothespin Tag:** Give each person three clothespins & have them attach the clothespins to their sleeves at shoulder level. The idea is to get as many clothespins as you can from other players. Each time you get a clothespin, count to three while you attach the clothespin to your clothing. Others may not steal a pin from you while you are attaching one to yourself. Essentially everybody is "it". Play for a set time limit depending on the endurance of your students.
- 30. Modified Ultimate:** 2 teams of 4 to 5, try to make 5-10 consecutive passes in a row without an interception. Guard 1 on 1, can't touch other person or the ball while they hold it, can only intercept the pass in the air.



Health Department Workshop Fall 2003: FREE FITNESS!
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